

Soul Café with Kuthumi

Channeled by Marisa Calvi

“Who Am I?”



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Soul Café with Kuthumi – January 18, 2019

Who Am I?

Featuring KUTHUMI LAL SINGH, channeled by Marisa Calvi

Hello and welcome to Soul Café. My name is Marisa Calvi and I'm coming to you from Sydney, Australia. I'm a channeler, an author and I work with the energies of ascended master Kuthumi Lal Singh. I've been working with him now for well, consciously for just over twelve years in this lifetime: we have to have that little caveat because we're playing with linear time (laughter). And when we created our little radio show we wanted a space where around once a month we would come here and invite others to join us to take some time to remember soul, to remember that we are creators, and to bring in more of that beautiful energy into our life.

We called it the Soul Café because well one, Kuthumi and I are both foodies: we enjoy a lovely meal and we love the energy and vibe that the term "café" brings: that it's a safe space, that it's somewhere that you go to just enjoy something delicious, to take some time out, to sit and relax, to treat yourself and just step out of what's going on in the world around us. And it's a wonderful thing to do – not just here once a month with us but to take time each day whether it's for a few minutes to consciously breathe, to do a yoga class, to bake a cake, to take a piano lesson, to have a nice bath... beautiful little ways that we can just love ourselves, to reconnect with self and to let those beautiful energies of soul into our life through us loving ourselves and knowing that we're much more than just being a simple human.

It's an interesting time for those of us choosing enlightenment when we have the awareness and we know there's so much more going on with us energetically to reconcile that with the human world around us. It can cause a separation from the world around us and the joy of being enlightened now in this era is to be enlightened and take that awareness out to play with the world. It gets very easy to want to hide and protect that beautiful awareness and consciousness. It gets very easy to feel like we can't relate to the world around us as well. A few of our questions are about that today.

So for me at the moment, I see it in people around me; it can be a challenge to want to take all of that energy out and be in the world. It

gets easy to get distracted from it once we go out and we're having to have a job, interacting with family, interacting with the people who aren't choosing that awareness and for a lot of people that's the challenge of being enlightened now. How do I stay in this space? How do I continue loving me when all around me the world is trying to tell me I shouldn't be doing that. We're going to be talking about that as well.

For me, the answer always comes back to: in this moment am I choosing to be the creator or the victim? Because when I remind myself that I'm choosing that in every moment, that I'm choosing how I interact with the moment, who I am in the moment, it changes the dynamics of that interaction and it changes the dynamics of how that interaction, that experience evolves.

I loved when Kuthumi told me during one of our schools quite a while ago: you know, we get the choice. Do we want to walk through life creating it or reacting to it? The victim is always in reaction mode: it's feeling like things are happening at us (laughter) or to us – not with us. The creator knows experience happens with you, that you have a choice in how it's shaped and it's outcome and that you get to choose how you're playing with it. That it's not about fate and destiny: it's about choice. And that's what we're going to play some more with Kuthumi today.

Before we go on into that, we'll do a little bit of business before doing some breathing...

So if you would like to know more about my work with Kuthumi, we have a website, it's <http://newenergywriting.com> There you'll find links to buy our books. You'll also find information about our short courses that we do: we generally once a month hold a Soul School. These are schools that I've created with Kuthumi for us to play with our soul connection and invite it more into life. We do different themes: some we repeat every year such as Aspects and Integration, Abundance and Creativity, and also The Body which is very popular and we have a lot of fun with that one too. And we've had some new ones come up in the last year such as The Mind and Being Human.

We've currently got a brand-new Soul School about to start next week – it's all about clarity and balance. They are very open and broad terms: I invited Kuthumi to play with that because I found myself in the past few months getting very distracted and losing my focus. And for me, focus is remembering that I'm a soul and I'm a creator: that things don't happen to me (laughter) and that also when my creative flow doesn't feel like it's flowing so creatively or that it's not in that ease and grace that I know is a natural way of being then I've lost my clarity somewhere. I've lost my clarity on who I am, on how I'm choosing to be in this world and then things go out of balance such as your health, or your abundance or just even your interactions with people. So we're going to look at how we keep those distractions in check, how we keep clear on how we're wanting to be in this world – so that's going to be the theme of this school, and of course along with that, it's always about expanding and nourishing and enjoying our soul connection.

We also have some other schools that we did in 2018 and they're pre-recorded but you still get all the energy from them even though you can't ask questions at the Q&A sessions, and until the end of the month these are half price. So it's a wonderful opportunity if you would like to try a school out, that you can go and choose one now at a very great price: only fifty dollars Australian which for some of you is even cheaper if you do it with your exchange rate and you can try out a school to see if then you'd like to come later on and join in one of the live schools. So that's at <http://newenergywriting.com>

So thank you for that. With that let's do some breathing and for those of you who haven't done conscious breathing before: this is along the lines of what we used to probably call meditation or guided meditation. It's where we stop and be in the moment and with my words we just feel the breath moving in and out of you.

We say the deep conscious breath because I invite you to be aware of how the breath is moving through you: that it's not just a shallow breath up in your chest, it's a beautiful breath that goes right down into your belly. If we're considering the actual physical mechanics of that, it's about doing deep diaphragm breathing so not just your ribcage expanding but your diaphragm pulling air right down into the

lower parts of your lungs so that your abdomen actually fills up and rises and falls.

And if you've never done conscious breathing before it's wonderful to just feel that simple physical mechanical breath move through you. It opens up an awareness of where you are with your body and it gives you a presence with your body because so few of us are even aware of that breath moving in and out of us.

I'm going to invite you right now, this is something my wonderful friend Tobias invited us to do a long time ago in his wonderful Sexual Energy School which was to just simply stop and touch yourself: just to run your hands along each of your arms – just even from the top of your head down your face, down your chest, across your abdomen, down to your thighs, down to your feet... because even that simple act reconnects us with body, makes us aware of this moment: here we are.

And then you can put your hands simply on your belly now as we breathe and just let yourself feel the movement of your belly as each breath fills you and then moves out.

The wonderful thing is that as we breathe we go beyond that simple physical sensation because as we let ourselves focus on that physical sensation of the breath moving in and out, it opens up other awareness. It opens up awareness of something much grander within us. Because this simple act of the breath moving in and out: it's a reminder of our physical presence, but it's a reminder that this breath moving in and out of us is also our choice to be here. That we chose this life, we chose this body and we choose every moment we're here.

And it's every breath, this beautiful rhythm moving in and out of us: just surrender to that now. If you want to lie down, then do so too. That doesn't matter if you fall asleep and don't hear Kuthumi's words because it's recorded: you can do that later. (laughter)

To be in this beautiful space with your self so that it becomes a natural way of our being. That you can stop and in one breath be back in this presence and this connection. To start each day with

even two minutes: we used to think it was hard to put aside an hour here or there for meditation, but this beautiful consciousness is breathing – you can even do it in a heartbeat at a traffic light. If you're working in an office and you go to the bathroom: just stop in the privacy of the cubicle, put your hand on your belly and just take two, even three deep breaths to come back to you to remember soul, and invite that beautiful energy to be with you, to come with you to play in every moment, so that you open up your beautiful presence, your beautiful consciousness, to actively be part of every moment in your life.

A few more deep breaths,
a few more deep breaths...

KUTHUMI: Namaste.

I am that I am Kuthumi Lal Singh. I know who I am because I answered that question many, many times. I am the little spark of consciousness that left All That Is to play in my sovereign energy to become the grand inferno of awareness and creativity that is the god that I am, the master that I am. But most of all, I am a beautiful soul who plays with creativity in joy and wonder. For me, that is the simplicity of my story, the expression of who I am in this moment.

Where am I? It doesn't matter.

What do I look like? Even less of a concern! (laughter)

What am I worth? I am worth all the love of the universe: that is my abundance. That is the only measure I am concerned with.

When we're breathing, the question of who am I becomes a dance. It becomes a melody. It is beyond the words that humans love to use to define anything. There is a presence, an energy, and most of all a love that calls us back to the truth of who we are.

We are not a story written in a book with an ending that you could find if you flicked forward a few pages. In every moment we are choosing our own adventure. How wonderful that someone thought: wouldn't it be interesting that in our storybooks as humans, now especially with

the computer age, we can create these stories – but the very interaction of the person playing with the story changes the outcome. Your computer games are a wonderful analogy: what decision you make in the moment shapes what's ahead.

But then the human mind likes to think: oh, every decision I make, every choice I make in the moment then becomes this crucial, crucial decision because it will shape the outcome. I might set myself upon a path that I won't enjoy, that won't be good, or nice, or fruitful.

See how we took that beautiful reminder, that beautiful memory that we have the choice to shape our experience but then we made it something to weigh upon us as though every decision stands us in front of three doors that have set paths that if we choose this door, that everything behind that door is lost. It couldn't be further from the truth.

Your creative energy within your choices is always dancing and expanding as long as you choose in the moment without fear of what's ahead, without expectations upon what it will lead to. The human mind sees linear paths, but your creative soul sees boundless opportunities waiting for you to just dance and play with them.

You never close off a potential.

You never close off a potential even when you choose through your mind, (laughter) because that's the other fear, isn't it? What if I'm making this choice with my mind and not with my soul love? What will I stop from coming to my life if I'm not choosing from the right part of me?

Oh my dear ones. Potentials don't evaporate and disappear because you were playing with your creativity, because you were making choices: even making little human decisions. They simply bounce around and float around and wait for their opportunity to come and be a part of your experience. Everything is always there: nothing is killed or disappeared or evaporated. They're evolving. They're interacting with each other. They sometimes send you little reminders that they're still there, still available.

What are you going to do to allow yourself the joy of interacting with those beautiful potentials that simply want to be with you in your expression of self love as you dance with your human creativity with soul taking you by the hand?

This question, who am I – mind loves that question because mind loves the story. When we have the story of who we are, we know how to interact with this life. When we have the story of who others are, we know how to interact with them. Stories just become ways for us to measure ourselves, to measure others so that we know how to interact. You know, a very important part of being human: we came into this dimension and then we went: well, what do we do here.

What do we do here?

Well, then we learnt that that depends on what your gender is, what race you are, what level of education you have, what occupation you choose. And the stories: well, they were wonderful for giving us guidance, for giving us a way to interact, for a way of letting us connect with this dimension. But they also made us small because we then believed that these stories that defined us: well they became our cage, they became our prison.

And we let those stories become the battle to fight against when we chose to become enlightened, when we chose to remember. How do I let go of gender? Well, we can have a grand story about balancing divine feminine and masculine. We want to rally against what we believe our abundance is so we decided that maybe karma had something to do with that, that our family situation effected it or what work we can find. Well, that limits and defines our abundance and we've got to fight against those things to have the freedom to be enlightened.

But I live in this country where there's this turmoil. Or I want to travel and see the rest of the world but that costs money and that's limited by all those other things. We are constantly putting definitions upon ourselves, setting up expectations of who we should be, how we can be better and we see those when we look at others.

It's amazing how when you look at another person, the human mind is conditioned to first of all say: hmmm... male or female? Skin colour and facial features? Well, that gives me an indication of where they were probably born, what their family background is, what their cultural ideals are. How they're dressed? Well, that's a bit of an indication too of maybe their abundance because maybe that looks like designer clothes or they're cheap or they're dirty or they're old. Or we ask or we see them in their occupation so that gives us another measure of probably their financial situation, their education, their intelligence... and then we know how to interact with them. (laughter)

We rarely look upon another and say: look at this beautiful soul creating experience. I'd invite you to have some fun with that. To go for a walk down a busy street, go into your supermarket – whatever you want to do, any way you want to do it – in the gym, and even at a family event and to look at each other and simply say: look at these beautiful souls creating experience. It can always feel funny and silly to take human experience back to that simplicity because there are realities of life and how we interact.

But when we can stop, even for the fun of it, to look around: ooh, look at the body that soul chose. Look at the situation that soul chose. Look at the words that that soul is choosing to use. It can become a bit ludicrous, but it can open up the wonderful sense of compassion in you. Because when we remember that everyone around us is simply a soul creating, we're going to remember it within us most of all. To look around and see everyone – not as a simple little human struggling to survive, but as a grand artist creating their own artwork, their own way in absolute perfection.

Who am I?

I am the grandest artist who ever existed
creating the grandest artwork
that will ever come into being.
Because I Am That I Am
the grandest creator who ever existed,
the grandest artist,
the grandest human (even when I was one)
as are you.

Those beautiful words that we've all heard so often:
you are god also.
Also: not you alone.
Not I am god, you are not.

You are god also.

Here we are all dancing and playing together and sometimes our little worlds of creativity and our artworks well, they collide. They interact. Our colours mix together. How wonderful that my adventure in answering 'who am I?' can dance with your adventure as we both answer the question.

And it gets easy to get distracted by answering each other's questions, does it not? (laughter) We call that sometimes advice: it gets called criticism, it gets called judgment. It gets called conflict. It gets called abuse.

But that interaction is always our choice because ultimately if we let someone else come and start painting our painting, it's because we've let it. And I don't mean to sound dismissive of abuse, but in each moment we are choosing: am I designing my artwork or am I sitting back and letting someone else design it for me?

Now the wonderful thing is: you don't have to be scared of people doing that. Yes, the world gives endless opportunities for that to happen, but while I'm aware, while I'm conscious, but most of all while I'm choosing to actively – to *actively* be playing with my creativity, that space is safe. You don't have to pray, send white light: all you have to do is be aware, this is your creative space and you get to choose the colours, and you get to choose the design. Because when we are consciously choosing that, when we are saying this is my painting, we are also saying and letting the universe know: it's safe and it's not open for others to come in. (laughter)

It's kind of wonderful: you don't have to send any energy out to others to say you are not welcome: all you've got to say is I'm loving my painting so much, there's no space for someone to come in here and take part because I'm playing with it as grandly as I can.

And the world around us: it can get us down, it can make us forget that. But the breath, the breath: that's all it takes to come back to this space.

Who am I?

I'm the grandest artist who ever existed
creating the most amazing artwork
the universe has ever seen.
And so too are you.

We've got a few questions that I would love to answer today, so let's play with that a little bit more. Let's play with being these grand artists: some wonderful artists here asking questions.

Okay, our first question.

"I found major clearing for 2018 at so many levels. I feel more of my lightbody, presence, and less old karma story. I had a new freedom and clarity. How do I bring it in to be more tangible and in truth into why I am here and why I choose to stay? I've been sitting on the edge for so long, I made it almost comfortable and now I know I'm ready for true life and to be my radiant self."

So the first thing is: you already are your true life and you already are your radiant self. Isn't that great? So skip that part of the journey because it's very easy to constantly convince ourselves that we're on the way to being this wonderful, magnificent artist. You already are the artist.

Why are you here? Because you haven't finished the artwork.
(laughter) See, I'm making a joke of that but for a lot of us, why do we hold on if we've got the awareness, we remember the truth of who we are – why are we holding on? Because for a lot of us the human part of us doesn't feel resolved. We haven't achieved enough. Well, we have to be a certain age before we leave. Have we done all the things that you should do before you leave? Have a partner, have children, have some mystical, amazing experience with your career. That you haven't created something? You need to have a legacy.

So I would love for you all, if you have been on that little comfortable edge as this dear one has, to feel into: is there simply something human telling me that I need to resolve before I'm free to leave?

But why are you here this dear one asks... because you want to be. And I think the real question that you should be asking and that I'm going to answer is: HOW am I here? How am I choosing to be here? Because that's the real question when a lot of you say: why am I still here? I don't know why I'm here. Why am I bothering? Because you haven't got the clarity around HOW you want to be here.

And not just that you haven't got the clarity on how you want to be here – because I think a lot of you know how you want to be here – but because it's not the way you are in this moment. You're surrendering to the frustration and the judgment and the separation from self love. So that's filling your creative space. You've got all the colours of the universe to play with and you've probably narrowed it down to maybe four or five.

How do you want to be here?

It's okay to want to leave, but then you do this thing where you say but I'm here and what do I do now? Exactly. What do you want to do now? What you want to do kind of comes from the mind: it's the human part of you that chooses those things. Oh, I want to do an art class. Oh, I want to learn the piano. I want to travel. I want to write a book...

But if you breathe with soul: how do I want to be here becomes so much grander. This beautiful clearing that you did in this last year – it's been amazing! I've watched it. (laughter) You've cleared out so much of your mental story, you've opened up your physical awareness, your spiritual awareness: all those beautiful senses that have connected you to this experience and you've done it through nature, through your interaction with animals... and we shed so much of our human side, that mental human part that all of a sudden when all that falls away, we do come to a loss because we've thrown away all those human definitions that gave us a sense of why we were here and what we want to do.

So this freedom and clarity you've got starts to feel like an emptiness – but it's not an emptiness of soul. It's an emptiness of the human mind which is wonderful! And the temptation now gets to be to refill it. Oh, oh... I've got to refill the story with defining myself again now as an enlightened being. But imagine if every day you just woke up and you breathed and said: what glorious things can soul share with me today?

Because we get to the end of the human day, as the sun sets, and part of us wants to step up and say: what did I do today? Was I productive? What did I achieve? Oh the human mind loves achievement doesn't it? (laughter) But soul would love you to stop and say: how much love did I show myself? Did I stop and see the beauty of that sunset? Did I stop and just gently touch my face and caress myself with the love that I would want a lover to do it with? Did everything I put into my body, did I do it with an absolute love to nurture my beautiful physical self which WOW! I had another day to celebrate existence with. But then turn that into another checklist of how much did I achieve today! (laughter) Because then the measurement will be: oh wow, I really stuffed up today but it's okay, I've got tomorrow to rectify it.

No. Everything you did today was perfect.

We want to fill our lives with achievements and experiences that the human mind can measure. And that becomes... (takes a breath with Marisa) ...it just becomes another way for us to measure ourselves. And it's so wonderful how even when we're opening up our awareness, when we're playing with life with soul that there's still that little part of us who wants to measure how well we're doing: I got a little bit distracted today so that wasn't such a good day. I let someone take advantage of me so that wasn't a very good experience. See how even in the joy of playing and being aware, and even in our taking responsibility as creators, we can still constantly be measuring and judging each experience.

Now in enlightenment that's not an entirely bad thing because that sense of: wow, why was I distracted from my focus to let that person take advantage of me? Instead of going into that self-judgment, it's an

opportunity to say: I'm not choosing that anymore and I'm really with soul right now going to keep my awareness open so I don't repeat that pattern. So that's how we make enlightenment, the word you've chosen more tangible. That constant awareness not to measure ourselves, not to separate from self love, but that constant awareness that wow! That's a pattern I keep playing with that takes me back into victim. And celebrating our awareness because within that awareness is the integration as well because that's probably what you're really asking me too: not just how do I make my enlightenment more tangible, how do I keep letting my integration evolve?

That's what you're really asking me: I've opened up so much freedom and clarity, I want more. That's what you're asking me.

How do I get the more?

By simply asking soul for it: soul, thank you for this freedom and clarity. Soul, thank you for taking me back to my creativity. I want more.

And in asking for more, you'll get it. So along the way that can be fun because your patterns will come up but we don't have to fall into the self-judgment, we don't have to separate the self love. In asking for more of that awareness, we're going to have things come up so that we can love them and bring them into balance. So that's what you're really asking today. You're asking for more of what you've already allowed, for what you've accepted and for what you were playing with and that's an incredible and wonderful thing.

So when you're breathing and you're celebrating all that you've opened up – it's not greedy, it's not selfish to ask for more. It's a beautiful natural part of being this human who is enlightened, who is awake and who is conscious. When we see things around us that seem dark, that seem still invested in duality or what you call mass consciousness – to not look upon it as something to be feared, but to simply see it as all those wonderful souls who are creating and playing with that. That you are your own I Am and you get to play with this experience how you choose.

How do you want to be here?

Dear one, you know the answer to that. Now how willing are you to allow more? How brave are you... I'm not going to say brave. Brave has that connotation of going into battle, doesn't it or dealing with something that's hard...

How willing are you to allow more?

Oh, I can feel the biggest yes. Isn't that wonderful! (laughter) And so it is. Don't let mind try and confuse you with its measurements, with its stories with how it wants to define how that will be.

In every moment,
in every moment I Am That I Am,
the grandest artist creating the most amazing artwork
in every moment, in every breath.

Thank you.

Our next question...

"I believe that I accept my teachers including Kuthumi one hundred per cent. Now I realise that I do not accept myself like that. How can I accept myself?"

By looking at what story you have that tells you that you are less than I am. What are you telling yourself in every day that is telling you that you are anything less than a grand creator? Is it because you don't have enough money? Is it something to do with your physical incarnation? Is it a pattern in your life that keeps occurring that is not serving you in your expression to be enlightened? What is stopping you from embracing the grand artist that you are?

What story are you telling yourself?

You know, in a way, even this is a story: I don't accept myself. Even that is a story: maybe let's let all that go. How about we come back to the breath because in the breath is the acceptance and in the breath is the allowing of that acceptance to express itself.

There are so many traps within the 3D experience. The very fact that we have physical limits: it's kind of the Catch-22 of being human. I'm going to come here to be a wonderful human expression of my soul creativity but I'm going to have to have gravity because gravity is what connects you to this dimension. There's human rules that we play with, that we agreed to. We agreed to gravity. We agreed to breathing. We agreed to bowel movements and eating. (laughter) We agreed to sleeping.

And then we kind of decided that in proving to ourselves that we were more than human that part of that is overcoming these human agreements we have. I want to walk through walls, I want to bilocate. I want to not need food. I want to maybe even not need sleep as though somehow they're a measure of how well we've done at overcoming being the simple human: to prove ourselves through mystical, magical powers that we are enlightened, that we are superb.

I rarely in coming back to the truth of who I am did it through pushing through supernatural boundaries. In fact the few times that I used supernatural powers, what you would call supernatural powers, were probably the most superficial of my experiences in coming back to who I was.

We don't need to prove anything to ourselves. The most glorious experiences I had with soul while I was still human was by being the most human I probably could have been. In my last lifetime, when I finally surrendered and accepted who I was: a soul creating experience in absolute perfection – the freedom that gave me to then walk this earth and play with life was the most wondrous thing I think as a human I could ever have experienced; more than being the most powerful man on earth – twice – as a Pharaoh, as an Indian Emperor. More grand than knowing the philosophical mysteries as Pythagoras. As Saint Francis I had supernatural experiences and the toll that took on my physical self took me from that life at what you would call a quite young age. Do I regret that I didn't stay longer in that lifetime because he did such powerful work? No, I don't because his life was perfection and still teaches people anyway.

So what is it that you're trying to prove to yourself to stop you from accepting the simplicity of the soul within you? What story are you telling you about who you are right now?

It's so easy to look outside ourselves: oh, Kuthumi he was amazing. He did this, he still does this. Oh, Saint Germain. Wow! Oh, Morya. We're only here as guides and reminders. We're not here as aspirations. (laughter) Because if I was to sit here and say I am grander than you, then I am saying to you also: you're not a god in its perfection.

But you are.

So when you can shed the story around why you're not and accept that, when you want to stop playing with the story of I'm not complete, I'm not whole, I'm not good enough... then you can surrender to that wonderful acceptance.

And let's face it: that acceptance is there. It's just you having a lot of fun with not having it, not allowing that beautiful story of I accept myself to express itself. So have fun with that.

Thank you.

Alright.

"Sometimes I would like to go back home. It seems that all has been done here on Earth. I choose my enlightenment but sometimes I feel tired. To be here with awareness sometimes is hard. I cry often. This is my feeling now. There are no problems, I create my life like I want but I feel stuck right now."

My dear one, this awareness and this human tiredness: you actually need to stop and take a look at what you're doing to yourself physically at the moment. It becomes very easy for us when we're on this spiritual journey, when we're choosing enlightenment we put so much energy into our spiritual self, into our consciousness, into our mind, that we leave our body behind. And your body at the moment, it's trying to catch up. And it gets tired: physically tired. It gets

weighed upon because maybe you haven't put enough energy into looking at your nutrition.

And look, when the physical body is out of balance that in turn then affects our mind. Because if we're tired and we're feeling like we don't have energy, well then mind will say we've slipped from our enlightenment and we're not doing things properly. And then, also too if we're in pain or it's getting hard to get that body through each day, that will make us want to leave as well because that heaviness of that physical expression becomes a very hard battle for a lot of us.

So I'd love for you to stop and take a look at that. What are you doing to love your body? To nurture it? Is it getting enough rest? Is it getting enough exercise to get out and move? Are you giving it lovely food? Take some time to look at that because supporting that is going to support this other what would seem like depression.

But then too, as we've talked about in the other questions is: why are you having so much fun being in this state? It becomes fun once we're enlightened to think we really should leave, that nothing makes sense, and everything is horrible, and it's too hard. So why are you now, with your awareness just deciding that joy has no space in your life?

Because when we get into this space of I think I want to leave, I'm sad, we let that become so almost smothering that it fills up our energy and it's very seductive because it lets us stay small. It lets us hide. It stops us from interacting. And that in turn makes us feel like we're not worthy to be here, to be open to any joy or any more wonderful experiences.

So breathe. Breathe. Breathe and choose: would you like to stay in this state where you're just sad and you want to leave, or are you going to nurture yourself and breathe and ask soul: what can we do to play together to allow joy back into this experience?

And just to be willing to go and play with something, with anything to allow those energies to come back in. Not worrying about the outcome, not worrying about what path that will take you down: just how willing are you to play, to allow joy back.

Thank you.

And our last question...

“I gave birth two weeks ago...”

Congratulations.

“...What can you tell me about this new being and I’m still figuring out how to be a mom.”

Isn't it wonderful! This new little being who chose you, as you chose them, and now you're both figuring out these new roles and how to play them. You've got this little one who is figuring out what it's like to be in their separate little body now, no longer connected to you physically, but connected to you now emotionally. And as a mother, a new mother especially, that can be overwhelming to think that here's a whole other little soul that you're responsible for!

So I want you to remember this: you're not responsible for their soul. You're responsible for feeding them and nurturing at this stage, but you're not responsible for their soul – as your child is not responsible for your soul.

So take a breath. I don't mean that to sound that you should disconnect, that you should love them any less because in that compassion of honouring yourself and honouring them, you actually allow that love to grow even more.

And I can tell you this: this little soul came in knowing that you have awareness, that that awareness of your soul, of your creativity will remind them of their soul and their creativity. That as you love yourself, nurture yourself and don't neglect yourself for them, they will be taught and reminded to love themselves, to nurture themselves, and to not compromise themselves either.

Motherhood is not about compromise: it's about nurturing, it's about love, but offering those to yourself first. Have you ever been on a plane when they do the safety videos and they say if those masks

drop down with the oxygen and you're with a child, you put the mask on yourself first: then you take care of the child. Because if you don't have the oxygen, if you're not breathing: how are you going to care for them?

And I know, especially in these first few weeks there's going to be a few sacrifices where it feels like you have to push yourself aside but my dear one, I'm sure there'll be five minutes in every day when you can stop and breathe and remember your self love. But that will go through the tiredness, the anxiety, and the anticipation on this wonderful new adventure that you and this little being are choosing together.

Have a wonderful time.

And by the way, you'll probably still be figuring out how to be a mother for at least fifty years (laughter) because it's going to change. Right now you've got some tiny little thing who's helpless that you have to carry around who might be feeding from your body right now. Another year, they'll be walking. They'll be moving on their own – that's going to change again. And then they're going to start communicating and it's going to change again. And then they'll be off to school, it'll change. They'll be teenagers, they'll be students at university. They'll have their own career. Then they'll have their own partner, probably. They might have their own children. What a wonderful evolution of your relationship as time goes on.

But the one thing that will always be there, under all of that is that you are both souls creating experience that chose this intersection with each other. How wonderful. What a grand lifetime of playing you have ahead of you.

Thank you so much.

Let's take a few minutes now to breathe.

Who am I beyond the definitions of gender, race, occupation, finances, location, culture, religion? Who am I, but even more importantly, how am I choosing to be here? I know that I'm a soul creating, I know that I'm an artist painting the grandest painting, but

how am I choosing to do that? Will I do it with joy and wonder? Will I do it lost in sadness? It's all in perfection.

But how wonderful it would be in our freedom, with clarity, to be playing in ease and grace with joy and with wonder. How wonderful to simply be you playing with experience.

Namaste.

MARISA: Thank you so much everyone.

We'll join again around the middle of the month. If you would like to know when there are upcoming shows or schools, you can sign up to our newsletter which is on our website

<http://www.newenergywriting.com/>

That's where you can also find our books and our online courses.

Thank you all so much for joining us again today. And now from me, from my soul, honouring your soul I choose to say farewell and Namaste.